

Don Herzog, Program Fitness Director

- Certified Health Fitness Specialist, American College of Sports Medicine
- Certified Strength and Conditioning Specialist, National Strength & Conditioning Association
- Major, Aviation, U.S. Army, (ret.)
- Coach, Youth Community Soccer Programs
- Developed training program for elementary & high school athletes
- Graduate of Albright College: Bachelors in Exercise Physiology
- Messiah College, Exercise Science Program



Alicia Bozzato, Certified Trainer

- Certified Personal Trainer; American College of Sports Medicine and Aerobic & Fitness Association of America
- Personal Trainer, American College of Sports Medicine, Aerobic & Fitness Association of America.
- Certified Trainer, West Shore YMCA, Lead Trainer of Girls on the Go, school aged girls fitness program
- Graduate of Slippery Rock University: Bachelors, Exercise Physiology



Danny O'Neal, Certified Trainer

- Certified Personal Trainer, American Counsel for Exercise; Health and Fitness Specialist, American College of Sports and Exercise
- US Army, PA National Guard Staff Sergeant
- Charge Officer, Soldiers' Height and Weight Program; Remedial physical training for substandard scores
- Graduate of Shippensburg University; Bachelors, Exercise Science



Tim Palmer, Certified Trainer

- Certified Personal Trainer; YMCA
- YMCA Youth Fitness Center — Work with children to encourage healthy and fit lifestyles
- Sergeant, US Army Natl. Reserve—Soldier of Year for Professionalism and Physical Training
- Coach, Youth Community Basketball and Track & Field
- Director & Organizer, of Hope Run 5K/1 Mile Walk
- Graduate, Carlisle Area High School



THE FRIENDSHIP CENTER

Lower Paxton Township
Parks & Recreation Department
5000 Commons Drive
Harrisburg, PA 17112

For Enrollment Information

Contact Lynn Wuestner

Phone: 717-657-5635

Fax: 717-657-5022

www.lowerpaxton-pa.gov/Friendship/index.html

Classes begin April 18, 2011



Lower Paxton Township

Is Proud to Introduce



**Children's 10 Week
Fitness & Nutrition Program**

Made Possible Through a Grant from



“Club Fit is designed to educate children — provide exercise options, instill proper food choices and develop a healthy lifestyle foundation for children - it will change the way kids exercise and eat.”

Nutrition

Discussion Topics:

1. Food Journal & Nutrition IQ
2. Drinks: Calories & Sugar
3. Proper Portions
4. Fast Food - Best Choices
5. Reading & Understanding Labels
6. Falling in Love with Fruits & Vegetables
7. Quick & Healthy Breakfast
8. Quick & Healthy Lunch
9. Quick & Healthy Dinners
10. Healthy & Well on a Budget



10 Week Program Class Schedule

Classes Begin April 18, 2011

Elementary Classes

Monday and Wednesdays 5:00-6:00

Nutrition Session on Wednesdays @ 6:00

Middle School Classes

Tuesdays and Thursdays 4:30—5:30

Nutrition Session on Thursdays @5:30

10 Week Session Fee - \$50

Exercise

Program Highlights:

- Cardio Training
- Fitness Stations
- Strength Building
- Agility & Balance
- Circuit Training

“Club Fit” program will feature the area’s best certified personal trainers, nutritionists and dieticians working with children and their families.